

Announcing

# VA/DOD Virtual Diabetes Self-Management Training (DSMT) Thursday Classes

*American Diabetes Association recognized curriculum*

**4** two-hour virtual classes via MHS Connect through your computer or smartphone.

## Thursdays 2 -4 pm EST

### CLASS 1

**Orientation & Diabetes Overview**

**Feb 3**

**May 5**

**Aug 4**

**Nov 3**

**Mar 3**

**Jun 2**

**Sep 1**

**Dec 1**

**Apr 7**

**Jul 7**

**Oct 6**

### CLASS 2

**Shared Decision Making/ Diabetes & Nutrition**

**Feb 10**

**May 12**

**Aug 11**

**Nov 10**

**Mar 10**

**Jun 9**

**Sep 8**

**Dec 8**

**Apr 14**

**Jul 14**

**Oct 13**

### CLASS 3

**Diabetes & Medication  
Diabetes & Physical Activity**

**Feb 17**

**May 19**

**Aug 18**

**Nov 17**

**Mar 17**

**Jun 16**

**Sep 15**

**Dec 15**

**Apr 21**

**Jul 21**

**Oct 20**

### CLASS 4

**Diabetes & Complications/  
Putting it All Together**

**Feb 24**

**May 26**

**Aug 25**

**Nov 22\***

**Mar 24**

**Jun 23**

**Sep 22**

\*Tuesday class  
due to Thanksgiving

**Apr 28**

**Jul 28**

**Oct 27**

**Dec 22**

Take classes as schedule permits--in any order!  
To sign up, talk with your medical home team.  
An email confirmation will be sent to you with class details.



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

**More classes to come!**